






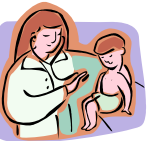


<p>How I like to play</p> 	<ul style="list-style-type: none"> <li>I'm beginning to play with others</li> <li>I'm learning to share but I like having certain things that are just "mine"</li> <li>I may have imaginary friends</li> <li>I'm starting to like group play</li> </ul>
<p>How I will improve my speech</p>	<div style="display: flex; justify-content: space-between;"> <div style="width: 45%;"> <ul style="list-style-type: none"> <li>I talk all the time</li> <li>I'm constantly ask questions</li> <li>I like singing songs, saying rhymes and being read to</li> </ul> </div> <div style="width: 45%;"> <p>How I talk</p> <ul style="list-style-type: none"> <li>When I'm 4 years                             <ul style="list-style-type: none"> <li>-I use 3-4 word sentences</li> <li>-I use plurals</li> </ul> </li> <li>When I'm 5 years                             <ul style="list-style-type: none"> <li>-I use 4-5 word sentences</li> <li>-I tell stories that may be exaggerated</li> <li>-I hear/learn all the words you say, including swear words</li> <li>-I may have difficulty with some letter sounds such as: l, th, y, s, etc.</li> </ul> </li> </ul> </div> </div> 
<p>How to get me ready for school</p> 	<div style="display: flex; justify-content: space-between;"> <div style="width: 45%;"> <p>You are my best teacher, show me how to:</p> <ul style="list-style-type: none"> <li>Dress myself</li> <li>Use the bathroom</li> <li>Do easy chores and clean up jobs</li> <li>Follow directions</li> <li>Use scissors</li> </ul> </div> <div style="width: 45%;"> <p>Here is what we can do together</p> <ul style="list-style-type: none"> <li>Read daily/go to library</li> <li>Play games</li> <li>Cook together</li> </ul> </div> </div> <div style="display: flex; justify-content: space-around; align-items: center;">    </div>
<p>How to help me use the bathroom by myself</p>	<ul style="list-style-type: none"> <li>Most children are toilet trained by this age</li> <li>I may still wet the bed. It is not my fault, my body has not matured enough to stop it. I'd rather be dry</li> <li>Please do not punish or yell at me for accidents</li> <li>Talk with my doctor if this is still a problem</li> </ul>
<p>How to keep me safe</p> 	<ul style="list-style-type: none"> <li>Michigan law requires that children from birth until age 8 are properly restrained in a child safety seat or booster seat in the vehicle unless 4'9" tall.                     <ul style="list-style-type: none"> <li>-Always use a lap and shoulder belt with a booster seat.</li> <li>-All children 12 years old and younger are safest in the back seat.</li> <li>-Buckle up - it's the law!</li> </ul> </li> <li>Poison control # is: <b>800-222-1222</b></li> <li>I need sunscreen when I play outdoors</li> <li>I need mosquito repellent - check with my doctor</li> <li>I need to use outdoor protective equipment                     <ul style="list-style-type: none"> <li>-ex: bike helmet, skateboard/rollerblading pads</li> </ul> </li> <li>I would like my parents certified in CPR/first aid                     <ul style="list-style-type: none"> <li>-call Red Cross or a local hospital for classes</li> </ul> </li> </ul>
<p>How to keep me healthy</p> 	<ul style="list-style-type: none"> <li>I can get my school shots (immunizations) any time after age 4</li> <li>Please have me lead tested if I come in contact with lead sources</li> <li>I need a vision &amp; hearing test for school</li> <li>I should brush and floss my teeth daily and have you check them                     <ul style="list-style-type: none"> <li>-I should visit my dentist every 6 months</li> <li>-Please check our water for fluoride. I may need fluoride supplements.</li> </ul> </li> <li>I need daily physical activity, limit T.V. &amp; computer time to 2 hours per day or less</li> <li>I need sleep - 12 hours per night; naps are disappearing</li> </ul>

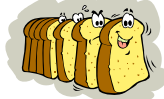




Dear Mom and Dad,

Here's how you can raise me to be a healthy eater.

4-5 YEARS



# Food Guidelines For Children

Food Groups		Number of Daily Servings	Children Size Servings Age 4-5
<b>Bread/Cereal</b>  <ul style="list-style-type: none"> <li>• Ready to eat or cooked cereals</li> <li>• Bread, bagels</li> <li>• Noodles, rice</li> <li>• Rolls, biscuits</li> <li>• Enriched crackers</li> </ul>		8	<ul style="list-style-type: none"> <li>½ - ¾ cup cereal</li> <li>½ - 1 slice bread</li> <li>¼ - ½ bagel</li> <li>α- ½ cup noodles, rice</li> <li>1 small roll or biscuit</li> <li>2-4 2 inch crackers</li> </ul>
<b>Vegetable</b>  <p><i>Children need at least:</i></p> <p>-One vitamin C food every day</p>	<b>Vitamin A Foods:</b> -Carrots -Spinach -Winter squash -Sweet Potatoes	3	<b>Vitamin C Foods:</b> -Tomatoes -Potatoes -Cabbage -Broccoli
<b>Fruit</b>  <p>-One vitamin A food every other day</p>	<b>Vitamin A Foods:</b> -Peaches -Apricots -Cantalope -Nectarines	2	<b>Vitamin C Foods:</b> -Oranges -Strawberries -Orange juice -Kiwi
<b>Milk, Cheese, Yogurt</b> 		5	<ul style="list-style-type: none"> <li>½ - ¾ cup milk</li> <li>½ cup yogurt</li> <li>1 ounce cheese</li> </ul>
<b>Meat, Meat Substitutes</b>  <ul style="list-style-type: none"> <li>- Beef, Pork</li> <li>- Chicken</li> <li>- Fish</li> <li>- Turkey</li> <li>- Eggs</li> <li>- Tofu</li> <li>- Cooked dried beans</li> </ul>		3	<ul style="list-style-type: none"> <li>1 ½ ounces of meat, poultry, or fish</li> <li>1 egg, ½ cup beans</li> <li>2 tablespoons peanut butter</li> </ul>
<b>Fats/Oil</b> <ul style="list-style-type: none"> <li>- Margarine</li> <li>- Vegetable oil</li> <li>- Mayonnaise</li> <li>- Butter</li> </ul> <p><i>Fat is needed by children for energy and growth.</i></p>		3	1 teaspoon

## Tips for Planning Meals and Snacks

- For better nutrition, plan meals and snacks that include a variety of food choices from each food group. Serve three or more food groups at each meal and two or more at each snack.
- Children are more likely to try a new food when it is served with a food they like. You may have to offer a new food many times before a child will try it.
- Children have small stomachs. They need to eat more often than adults eat and need smaller serving sizes. (See Food Guidelines)
- Limit juice to 4-6 ounces a day and milk to 16-24 ounces a day. Too much milk and juice can spoil your child's appetite and may lead to anemia. When your child is thirsty, water is the best drink.
- Instead of pop, chips and candy, give healthy snacks such as yogurt, fruit or half a sandwich.

## What if your Child Wants Only One Food?

This is a food jag. It's okay to offer the food along with other foods. Avoid reacting to the food jag and it will probably end within a few days. Food jags rarely last long enough to cause any harm.

## Tips for Promoting a Healthy Weight

- ☺ Encourage healthy eating for the whole family. Choose foods that are low in sugar and fat more often.
- ☺ Set a good example by eating a variety of healthy foods every day. Children learn by watching you.
- ☺ Offer child size servings and allow your child to ask for more. Don't force a child to clean their plate. Trust their appetite.
- ☺ Never use food as a reward or punishment.
- ☺ Set limits on video games and television watching.
- ☺ Get moving! Exercise and play with your child.

## Parent Alert!!!! Choking Dangers

- Don't allow your child to walk, run, or play with food in their mouth. Your child should be seated and supervised while eating.
- Mix peanut butter with applesauce, jam or mashed fruit to make it less sticky.

